

Bloomington Youth Basketball League

Parent Manual



Welcome to Bloomington Youth Basketball. We are glad to have you as a participant in our program. This manual will give you the detailed information about our league and expectations. If you have questions about what you read in this manual please call the Banneker Community Center at 349-3735 or the Boys and Girls Club at 332-5311.

- I. Parent Involvement:** As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all boys and girls learn good sportsmanship and self-discipline.
- II. Philosophy:** To provide a program for our area's youth where they can learn about good sportsmanship, improve their basketball skills, and experience the value of teamwork, all while having fun.
- III. Rules:** The league will be governed by the National Federation of State High School Associations Basketball Rulebook, with the following modifications.
 - a. Every player must play two complete quarters per game regardless of their skill or ability. Coaches should also alternate/rotate their starting lineup weekly. Substitutions should be limited during quarters.
 - b. Games in the 5-8 year old divisions will be played in six minute quarters with a running clock. Games in the 9-13 year old divisions will be played with a seven minute running clock. The clock will only stop for fouls and time-outs. The clock will stop for all whistled violations in the last minute of each quarter.
 - c. Jump balls will be utilized at the start of the first quarter. In all other instances, tie-ups will result in the teams alternating possession.
 - d. Practice is essential to the development of basic skills. If a player excessively misses practices they may be asked to sit out a game or required quarters. This policy is to be enforced by the coach responsible.
 - e. Relaxed enforcement of ball handling violations will be called at each level. In the 7-8 division violations will be called when gaining an advantage to the basket, but ball will return to same team. In the 9-10

division teams will get two accumulative warnings before ball is turned over and then after the 4th week teams will receive one warning.

f. **DEFENSIVE RESTRICTIONS**

- i. Definition: Slow Break: The offensive team cannot proceed into the front court until all defensive players have crossed the half court line. This rule is in place for the safety and development of our players.
 - ii. Modified Slow Break Rules will apply for the entire game for the 5-8 year old divisions.
 - iii. Modified Slow Break Rules will apply for the first three quarters and all but the last two minutes of the fourth quarter for the 9-10 division.
 - iv. Modified Slow Break Rules will apply for the first three quarters only for the 11-13 division. If a team is ahead by 10 points or more they will not be able to press during the fourth quarter. Teams will be given one warning and then assessed technical fouls.
 - v. In the 5-8 year old divisions there is no double teaming or stealing the ball off the dribble.
 - vi. In the 9-10 division teams may only play man to man defense and can only double team in a help defense situation. Officials' discretion will be applied for violations.
 - vii. In the 11-13 division any defense may be played.
- g. Score will be kept, but if one team has a twelve-point lead or more at any point the winning teams score will not be kept on the scoreboard, but will be kept correctly in the score book.
- h. Teams are limited to two full time-outs per game

IV. Sportsmanship

- a. An important goal of this league is to teach the participant respect for other players, coaches, officials, and fans by encouraging good sportsmanship. Poor sportsmanship by any participant will not be tolerated, and will be dealt with immediately.
- b. There is a "No Tolerance" rule for fighting for players, coaches, fans and officials.
 - i. Coaches or players who are ejected from a game for unsportsmanlike conduct will be automatically suspended from the team's next game. A second ejection for unsportsmanlike conduct will result in the coach or player being automatically suspended from participating for the remainder of the season.
 - ii. Coaches receiving a technical foul for unsportsmanlike conduct will receive a "Letter of Reprimand". A second technical foul at any point in time during the remainder of the season for unsportsmanlike conduct will result in the coach being suspended for his/her team's next game. An accumulation of technical fouls

for unsportsmanlike conduct at any point in time will result in the coach being suspended from the remainder of the season.

- V. Team Placement:** Team placement days are conducted for players 7 through 13. These dates give the basketball staff a chance to evaluate players' ability in order to create competitive teams in each division. Basketball staff will take the evaluations and place players' on teams taking into consideration coach and parent requests. Requests are not guaranteed. It is very important that all players attend one placement day.
- VI. Uniforms:** The Bloomington Youth Basketball League will provide reversible jerseys to each player for the season that must be worn at their games. No other uniform may be worn.
- VII. Tournaments:** In an effort to reduce the competitive emphasis and enhance the recreational experience there will only be a tournament for the 11-13 Division.
- VIII. General Conduct:**
 - a. All spectators and fans should sit in the bleachers either across from the benches or behind them. Only players and designated coaches may sit on the team bench.
 - b. The Banneker Community Center, Boys and Girls Club and all MCCSC sites are designated as Tobacco, Drug and Alcohol Free environments.
 - c. The gym supervisors have the authority to discharge anyone from the gym for any unfavorable behavior.
 - d. Coaches and referees are usually parents just like you. They volunteer their time to help make your child's experience a positive one. They need your support too! That means refraining from coaching or refereeing from the sidelines. Don't question or dispute a call made by the referee. Further, use only language that is positive.
 - e. Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes mistakes. If your child makes one, remember, it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

You can access the schedule, rules, practice schedule, parent and coach information on the Parks and Recreation Website at www.bloomington.in.gov/parks or from the Boys and Girls Clubs of Bloomington website at www.bgcbloomington.org